



NRD Nashville

US Navy Recruiting District

31 December 2006 Volume 2 Issue 12

Commanding Officer's Corner: CDR Voresa E. Jones

Welcome back! I hope that each of you enjoyed the holidays and were able to spend some quality time with loved ones and friends. Consistently, we have been one of the strongest recruiting districts in CNRC and I know that is not going change in the new calendar year. It is time to get back to doing what we do best...building *our* Navy of tomorrow with the best and brightest young people of today. Succeeding in this mission is not an easy accomplishment but, we have succeeded due to your hard work and diligence. With our Nation at war, you should be proud knowing that the men and women you recruit will continue to strengthen our Navy ensuring that we remain the most powerful Navy in the world.

Our overarching objective will always be *Mission Accomplishment* but that mission cannot be realized without the hard work of NRD Nashville's greatest asset—YOU. That is why your input on our most recent Command Climate Survey was so important to me and I want to thank each of you for your invaluable feedback. Your input will be used to continuously improve the quality of our Command. As I look at ways to chart a course for an even healthier command, I am making it my personal goal to reach out and touch each of you more often than I do either in person or via video teleconference. I am also exploring the possibility of adding a Commanding Officer suggestion box to our web page because I want to hear from you more often than a semi-annual survey. By



the way, NRD Nashville's web page has a new look thanks to our assistant SYSAD, Mr. Rico Ponton...check it out, <http://www.cnrc.navy.mil/nashville/>.

It was great seeing each of you at the Training/Awards Banquet. I hope that you had a great time—I sure did! I

want to thank the eight spouses who volunteered to become Ombudsmen for the Command. This past weekend, they came a day earlier than everyone else and spent 16 hours in training. Each Zone now has an assigned Ombudsman—their names and numbers will always be listed in our newsletters. They are standing by to assist you so please take advantage of these resources. I

also want to, once again, congratulate all of NRD Nashville's FY06 Superstars. This newsletter is loaded with tons of candid shots that were taken by JO1 Owsley during the ice breaker, training and the banquet.

I have also included pictures from a recent frocking ceremony that was held at the district. Congratulations to all of our recent promotees on accomplishing such a major milestone. Once again, the Navywide advancement exams are just around the corner. This past cycle, I frocked seven Sailors and next cycle, I hope to double that number. Do your part by taking advantage of the time that the Command gives you to study and remember; if you would like to go "no cost" TAD to a ship, squadron, etc., to prepare for the exam, submit your request chit ASAP. Good luck to each of you.

Remember throughout the coming year that we are *One Team...One Fight!*

Words from the Command Master Chief

Hello Shipmates,

I hope that everyone had a safe and happy holiday season. It's hard to believe that Christmas and New Years have come and gone already. Last year really flew and it's time for the NRD Nashville team to start what I'm sure will be another successful calendar year.

Last month we talked a lot about driving carefully in winter conditions and it's still something to be aware of. When driving in cold weather, slow down, it'll make it easier to see patches of ice on the road. Also be sure to leave extra distance between you and the car in front of you so you have more time to avoid them if they lose control. Take care of yourself outside of the car as well. Dress in warm layers and be careful about long term exposure to the cold, frost bite can sneak up on you. You should also keep an eye on your pets, as the temperature drops bring your pets inside or make sure they have a warm dry shelter to keep them out of the elements. We'll have more pet tips included later in this newsletter as well.

You should also all be looking down the road. The January and March advancement exams are approaching very rapidly, I hope everyone took time to study over the recent special liberty periods that the Skipper authorized. Budget study time into your schedules so you can get through the material you need to study at a steady pace. Cramming the week before the advancement exam won't cut it. Remember, no one can guess how rating quotas will change from exam cycle to exam cycle so make yourself as prepared as you can be. Study so that if it drops then you're still competitive and if it goes up you just might make it into the first increment.

I enjoyed seeing you all at the annual awards banquet. It was a lot of fun and some good training.

**For feedback, suggestions,
or input to future
newsletters please contact
MC1 (SW) Steve Owsley at
headquarters by calling
615-332-0926 or by e-mail at
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Gerald R. Ford, Former President and Sailor, Dies at 93

From The Navy News Service

Former President Gerald R. Ford passed away Dec. 26 at his home in Rancho Mirage, Calif. He was 93.

When he entered the White House in 1974 as the 38th President, Gerald Rudolph Ford, Jr. became the fourth consecutive President to have served in the U.S. Navy.

"President Ford was a great man who devoted the best years of his life in serving the United States", said President George W. Bush in a statement from his Crawford, Texas ranch. "He was a true gentleman who reflected the best in America's character. Before the world knew his name, he served with distinction in the United States Navy and in the United States Congress."

Ford received his commission as an Ensign in the U.S. Naval Reserve on April 13, 1942. On April 20, he reported for active duty to the V-5 instructor school at Annapolis, Md. After a month of training he reported to the Navy Preflight School in Chapel Hill, N.C., where he taught elementary seamanship, ordnance, gunnery, first aid, and military drill. In addition, he coached in all nine sports that were offered, but mostly in swimming, boxing and football. He was promoted to Lt. j.g. in June 1942, and to Lt. in March 1943, while assigned to the Preflight School.

In May 1943, Ford was sent to the pre-commissioning detachment for a new light aircraft carrier, USS Monterey (CVL-26) at New York Shipbuilding Corporation, Camden, N.J. From the ship's commissioning on June 17, 1943, until the end of Dec. 1944, Ford served as the assistant navigator, athletic officer, and anti-aircraft battery officer aboard Monterey. While he was aboard, Monterey participated in many actions in the Pacific with the 3rd and 5th Fleets during the fall of 1943 and in 1944.

Ford was detached from the ship on Christmas Eve 1944, and sent to the Athletic Department of the Navy Pre-Flight School, St. Mary's College, Calif., where one of his duties was to coach football.

From the end of April 1945 to Jan. 1946, he was on the staff of the Naval Reserve Training Command at Naval Air Station, Glenview, Ill. as the staff physical and military training officer. He was promoted to Lt. Cmdr. Oct. 3, 1945.

The future president was released from active duty under honorable conditions on Feb. 23, 1946. On 28 June 1963, the Secretary of the Navy accepted Ford's resignation from the Naval Reserve.

Ford earned the Asiatic-Pacific Campaign Medal with nine engagement stars for operations in the Gilbert Islands, Bismark Archipelago, Marshal Islands, Asiatic and Pacific carrier raids, Hollandia, Marianas, Western Carolines, Western New Guinea, and the Leyte Operation. He also received the Philippine Liberation with two bronze stars for Leyte and Mindoro, as well as the American Campaign and World War II Victory Medals.

As part of the honors for the former president, the Washington Navy Yard fired a gun salute every half hour from 8 a.m. until sunset on Dec. 27.

"This is one of the biggest honors we can have as members of the ceremonial honor guard," said FN Joseph Oliphant one of the Sailors firing the cannon.

History shows the former president's term in office began in the midst of scandal, but as President Bush noted in his statement, Ford brought honor back to the highest office in the land.

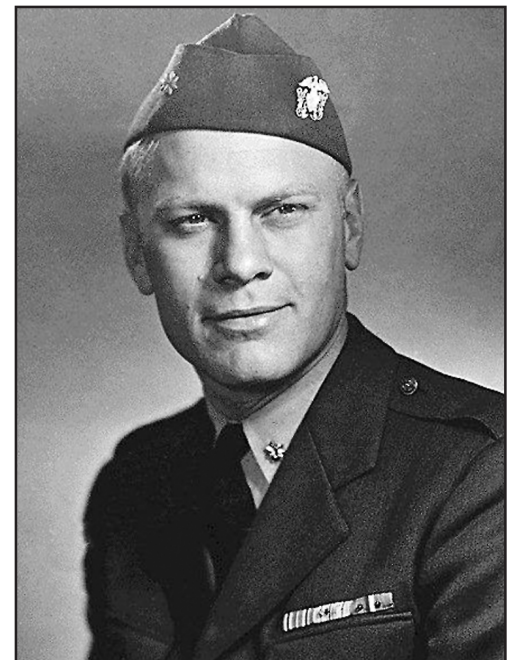
"He assumed power in a period of great division and turmoil," said Bush. "For a nation that needed healing and for an office that needed a calm and steady hand, Gerald Ford came along when we needed him most."

"During his time in office," Bush continued, "the American people came to know President Ford as a man of complete integrity who led our country with common sense and kind instincts."

"We mourn the loss of such a leader, and our 38th President will always have a special place in our nation's memory."

For more news from around the fleet visit www.navy.mil.

This article was compiled with information from www.fordlibrarymuseum.gov, www.history.navy.mil and www.whitehouse.gov.



DOD File Photo: Lt. Cmdr. Gerald Ford in uniform 1945, who later became the 38th President of the United States (1974-1977). Ford received his commission as an Ensign in the U.S. Naval Reserve on April 13, 1942 and later participated in many actions in the Pacific aboard the fast aircraft carrier USS Monterey (CVL 26). He was eventually released from active duty under honorable conditions in Feb. 1946. President Ford, 93, passed away on Dec. 26, 2006 at his home in Rancho Mirage, Calif.

Secretary of Defense Donald Rumsfeld's Farewell Message to the Troops

As Delivered by Secretary of Defense Donald H. Rumsfeld, The Pentagon Channel, Thursday, December 14, 2006

For these past six years, I have had the opportunity — and, I should add, the privilege — to serve with the greatest military the world has ever known. To all of the men and women in uniform, all across the globe: I wish it were possible for me to meet with each of you, personally — today — so I could look you in the eyes, shake your hands and express my heartfelt gratitude for your service. And to give you some sense of what you have given me — pride in our mission, and an abiding confidence in our country, and in those of you who volunteer to risk your lives to defend us all.

As I complete my second tour as Secretary of Defense, I leave knowing that the true strength of our U.S. military lies not in our weapons, but in the hearts of the men and women in uniform — in your patriotism, in your professionalism, and your determination to accomplish the mission.

President Abraham Lincoln once said, “determine that the thing can and shall be done, and then we shall find the way.” That remains as true today as it did during President Lincoln’s time. I have seen countless examples of this resolve, when I have met with those of you serving in this long struggle against violent extremists.

I remember visiting a base near Fallujah, where Marines had been engaged in some of the most intense house-to-house fighting since World War II.

It was two days before Christmas. A staff sergeant asked me why there wasn’t a way he could extend his tour beyond his unit’s service limit in Iraq.

And, I think back to a young man I met at Bethesda Naval Hospital. He was in the very early stages of his recovery from multiple wounds suffered in Iraq. He looked up at me, with a tube in his nose, and said, with force, “if only the American people will give us the time we need, we can do it. We are getting it done.”

And a soldier I met in Afghanistan not long ago, who said, “I really can’t believe we’re allowed to do something this important.” I feel the same way. I can’t believe I have had the chance to be involved in something so important to the safety of the American people and the future of our country.

What you are accomplishing is not simply important — it is historic.

When the cause of human freedom required men and women to stand on the front lines in its defense:

- You stepped forward to liberate more than 50 million citizens in Afghanistan and Iraq;
- You captured or killed tens of thousands of extremists — taking the fight to where they live, rather than waiting for the extremists to attack us again where our families live; and
- You helped alleviate the conditions that foster extremism — in places like the Horn of Africa, the Philippines, and elsewhere — so that your children and grandchildren will not have to face the challenges we face today.

This month has two important anniversaries — the free elections of the Iraqi national assembly, and the seating of the first democratically elected President in Afghanistan’s long history. We all remember the images of Iraqis proudly raising purple fingers in the air, after voting in their first free elections; and the images of the Afghan girls singing with joy as their new president took office. Those were historic chapters in the saga of human freedom. And you made them possible.



The long struggle we are in is complex — unfamiliar and still little understood — leading some to believe that there is no need to go on.

The enemy is counting on us to falter, and to fail. You are the ones who live the successes, and who endure the setbacks of this struggle — who find your daily missions a personal test of will. And you are the ones who, above all, know that the cause of freedom is well worth the price.

In 10 or 20 years, when you are talking to your children or to your grandchildren, you will look back on your service — at what you have accomplished — with a great sense of pride. You will know that you were part of a truly proud history — indeed, that you were the makers of that proud history — and an inspiration to the generations that followed.

It has been the highest honor of my life to serve with you — the men and women of the U.S. Armed Forces. You define the American spirit. You have helped millions triumph over tyranny, during this time of great consequence.

You have my eternal respect. And you will remain in my thoughts and prayers — always. May God bless you and your families, and may God continue to bless our wonderful country.

NRD Nashville Wins Award for CFC Participation

This year NRD Nashville raised \$6,552.00 for the Combined Federal Campaign which was nearly six times last years total of \$1,169.96. In addition to raising more money NRD Nashville increased its participation percentage from 42% last year to 60% this year.

NRD Nashville is one of 33 government agencies that increased their donations from last year and helped to give \$34,501 more than last year.

NRD Nashville and other government agencies in the area donated \$1,154,624.75 to local and national charities, marking this as the fourth year in a row that this area donated over one million dollars to charities through the Combined Federal Campaign.



Photo by MC1(SW) Steve Owsley

Above: NRD Nashville Executive Officer, CDR Clint Vollono and LEADS Department Supervisor, ITC Brian Smith accept the CFC Chairman's Premiere Award which recognizes organizations that increased their total participation by 10% or more with a minimum of 50% total participation.



NRD Nashville Executive Officer, CDR Clint Vollono presents a Navy Achievement Medal awards certificate to ET1(SW/AW) Luther Brownridge after pinning the medal onto Brownridge. Brownridge was also presented with his Navy Recruiting Service Ribbon to recognize a successful tour as a recruiter at NRD Nashville. Brownridge reports to Command Patrol and Reconisaince Force Fifth Fleet in Bahrain next.



NRD Nashville Commanding Officer, CDR Voresa Jones pins a Navy Commendation Medal on LT David Clark on the day he checked out of NRD Nashville. During his time at NRD Nashville Clark served as an officer recruiter and as the Enlisted Programs Officer. Clark is transferring to the Naval Post Graduate School in Monterey, CA to take part in the Operations Analysis Program.



Jerol D. Stepp reads the oath of enlistment to his son, AME2 (AW) Jerol Stepp of NRS Oak Ridge. AME2 Stepp Re-enlisted for four years and received a \$3,800 dollar Selective Re-enlistment Bonus. AME2 Stepp's Mother, Carolyn Stepp, wife, Emily Stepp, and children, Jerry and Carolyn Stepp were also in attendance

Photos By MC1(SW) Steve Owsley

Chief Recruiter's Bravo Zulus

We've made goal once again in a month where production was shortened due to the holidays. I can't begin to say how impressed I am with this district when we are presented with a challenge. We made our goal and then some in 19 days of production. All of you deserve hearty congratulations. From the Recruiter in the streets knocking on doors, to the RINC making sure their station is on pace, to the zone supervisor keeping the command apprised of the challenges their recruiters are facing.

As usual I'd like to recognize some stations that came together to go above and beyond what we asked them to do this month. The following stations meet all sub goals including non-prior service basic and NCO and wrote 200% or more of their goal. I'd like to single out NRS Bine Bluff, who tore the roof off this month by writing 600% of their goal.

NRS Pine Bluff	600%
NRS Antioch	250%
NRS Decatur	200%
NRS Florence	200%
NRS Franklin	200%
NRS Hopkinsville	200%
NRS Johnson City	200%
NRS Millington	200%
NRS Mountain Home	200%
NRS North Memphis	200%

I'd also like to recognize

CTM2 (SW/AW) Kevin Henyard from NRS North Memphis and SH2 (SW/AW) Natalie Wylie from NRS Pine Bluff for writing four NCOs.

Finally I'd like to welcome the following NRD Nashville personnel to the recruiting club after they wrote their first contracts this month.

**SH2 (SW/AW) Natalie Wylie
from NRS Pine Bluff
EM2 (SW/AW) Shaunell Hyatt
from NRS Antioch
EM2 (SW/AW) Joyellen Vance
from NRS Dyersburg**

Thank you for all your hard work and dedication in a short month. I'm proud of you all.

Upcoming Events Throughout NRD Nashville

**January 18 E-7 Advancement
Exam**

March 8 E-6 Advancement Exam

March 15 E-5 Advancement Exam

March 22 E-4 Advancement Exam

News from the Officer's Programs Department



LT Richard Thousand administers the oath of enlistment to his youngest sister, Brittany Thousand at the Military Entrance Processing Center in Nashville, TN.

***By LT Richard Thousand
Officer's Program Officer***

As an officer in the Navy and especially as a member of NRD Nashville's Officer's Program Department I've had the privilege of enlisting countless men and women into the Navy that I've called home for 21 years. I've started as an E-1 and was proud to achieve the rank of ATC and later just as proud to be selected as an LDO.

As proud as I was of all those accomplishments I was just as proud on 7 December when I performed the enlistment ceremony for my baby sister, Brittany Thousand. Brittany enlisted for six years as an Advanced Sonar Technician and she ships out 3 January. After boot camp she will attend "A" School in San Diego, CA. Brittany earned an \$11,000 signing bonus because of the highly technical rating that she chose and her Associate's Degree earned her a starting rank of E-3.

I'm the oldest of five kids and Brittany is the youngest. Brittany carries on a proud tradition of military service in the Thousand family. My younger sister is AC1 Regina Forrest who is currently stationed in North Island, CA with 16 years of honorable Naval service.

My sister Tammy Heras served two tours in Army intelligence before going to work for the police department in Polk County, Fla.

Brittany's older sister, Kristen Alexander, didn't join the military but she chose to serve others as Certified Nursing Assistant in Louisville, Ky.

Our parents, William and Lydia Thousand, live in Creve Coeur, Il. My dad served in the Army during Viet Nam. Our Grandfather, William E. Thousand also served in the Army during WWII and later in the Korean War.

I was happy to be part of continuing my families involvement with the U.S. Navy.

Rico's Computer Tips to Backup Your Cell Phone's Contact List

By Rico Ponton

NRD Nashville Assistant System Administrator

I've seen many people lose or damage their cell phones and often heard the same thing from them...It's not so much the money or the phone but all the numbers I had stored in the phone.

It's a hassle trying to rebuild your phone's contact list especially if you spent a couple of years building that list. Fortunately there are several ways to prevent losing all those numbers.

The cheapest way is to simply add your contacts into your outlook address book or into a word document periodically but this is far from a perfect solution because it's easy to get out of the habit.

Luckily there are easier high tech ways to keep your phone contact list backed up. The easiest way comes straight from the cell phone provider, Sprint offers the option of storing your numbers on their servers so that they can be pulled down and installed on your new phone if the old phone is lost, stolen or broken.

If you own a Motorola Razor you can purchase Motorola's Phone Tools for \$50.00. The package includes the software and a USB cable that connects your phone to your computer. The software backs up your phone numbers to the computer and charges the phone as well. It also allows you to enter numbers into your phone from your computer's keyboard.



Other back programs that allow you to back up your contact list include:

Data Pilot: It's compatible with Outlook and Outlook Express contacts. The basic kit includes software and a cable for connecting your phone to your computer. It'll run you about \$60.00.

SnapSync: It's a straight forward program that can be used for backups. It's also compatible with Outlook and Outlook Express contacts. The software and connection cable are sold separately and each will cost you approximately \$30.00.

MightyBackup: It makes periodic backups of your cell phone's contact list. And those back-ups can be loaded back to your old phone or to a new phone if necessary. Mighty Backup is a web service, so the numbers are stored on their servers instead of on your computer. The service works with wireless providers to include a monthly fee on your bill. The monthly fee averages about \$2.00.

These services provide lists of compatible cell phones on their web sites. They are very specific including brands and model numbers. Be sure that your phone is compatible before buying any of these programs. Just remember if your phone is damaged the new phone would have to be compatible with the program as well or the backups might transfer into the phone correctly. I hope you all have a safe holiday season for yourself, your families, and your cell phones.

Health Benefits Advisor's Birth Month Recall and Flu Vaccine Availability Update

By LT James Rhodes
NRD Nashville Health
Benefits Advisor

Beginning 01 Feb 07 all active duty will be required to do their physical health assessment (PHA) during their birth month. Names will be placed in the POW as a reminder. A copy of your completed PHA will be faxed to me for filing. Additionally, each member should get a dental check-up/cleaning annually. This will be completed during your birth month as well.

Look for further instruction in January's News Letter and POW.

Flu shots for active duty only are currently available at:
Fox Health Center (Redstone Arsenal), Huntsville AL.
NAS Midsouth Medical Clinic, Millington TN.

Future inoculation sites that have yet to receive the vaccine:
Blanchfield Army Hospital, FT Campbell KY (expected arrival 16 Nov, call 270-798-8255 for the flu shot hotline).

US Navy Reserve Center, Nashville TN and Knoxville TN.

Smyrna National Guard Training Center, Smyrna TN

Look for updates in the POW and Monthly Newsletter. If you have any questions about your benefits contact me at:

LT James M Rhodes
HCA, MSC, USN
Health Care Benefits Advisor
NRD Nashville
615-332-0755 x124
james.m.rhodes1@navy.mil

Commissary Scholarships for Military Children Still Open for 2007

By Kevin Robinson
DECA Public Affairs

The Scholarships for Military Children program opened for 2007. Applications for the \$1,500 scholarships are available at 264 commissaries worldwide, or can be downloaded through links at <http://www.commissaries.com>, <http://www.militaryscholar.org>, or <http://www.dodea.edu>.

"Scholarships for Military Children is a wonderful military community program," said Patrick Nixon, DeCA director and chief executive officer. "Nearly 3,000 scholarships totaling over \$4 million have been awarded since the first awards were given in 2001."

The \$1,500 scholarships are available for children of military active-duty, retired, and Guard and Reserve service members. Most of the funds are donated by manufacturers, brokers and

suppliers selling groceries in commissaries, and every dollar donated to the program by industry or the general public goes to fund the scholarships.

"Every cent that community organizations can mobilize to support college-bound students is an investment in the future," said Joseph Tafoya, director of the Department of Defense Education Activity.

Donations can be made through the link at militaryscholar.org, the official program Web site. Applications for 2007, which includes an essay on "how and why" the applicant would change a historical event, must be turned in at a commissary by close of business on Feb. 21, 2007. At least one \$1,500 scholarship will be awarded at every commissary location with qualified applicants.

The program is open to unmarried children under the age of 21 (23 if

enrolled in school) of military active-duty, Reserve, Guard and retired personnel. Eligibility will be determined using the Defense Enrollment Eligibility Reporting System database. Applicants should ensure that they, as well as their sponsor, are enrolled in the DEERS database and have a current ID card.

The applicant must be planning to attend, or already attending, an accredited college or university full-time in the fall term of 2007, or enrolled in a program of studies designed to transfer directly into a four-year program.



Recruiting District Rides



Photo by MC1(SW) Steve Owsley

NCC Mark Blair, District Trainer for NRD Nashville stands beside his '67 Chevrolet Chevelle SS. Blair's Chevelle has a 396 Chevy Big Block that produces 425 horsepower. Blair says, "I got it in pretty good shape engine wise, I completely restored the interior and cleaned and painted the engine compartment, plus some small performance bolt ons." Blair's Chevelle took third place at the Santa Fe Cruise in Bowling Green, Ky.

January Birthdays

NCCM John Upshaw
Raymond Piasta
SK2 Natasha Pemberton
LT James Paffenroth
Alphonso "Al" Clark
Donna Clark
LT John Briggs
HM1 Barbara Felton
STGCS Phillip Weber
CTR1 Monty Boroughs
MM1 Matthew Roeder
AM1 John Heatherly
NCC Larry Boris
AD1 Audrea Cutchin
MM1 Christopher Harris
QMCS Keith Runyon
AZ1 Eric Teed
MMC George Wright
LT Marvin Keen
AO2 Charles Adams

NRS Hopkinsville Recruiter and DEPper Participate in a Holiday Wreath Laying Ceremony

**By CTT1(SW) Mark Labarr
NRS Hopkinsville Recruiter**

On the morning of 14 December, DEP Recruit Christopher Jones and I went to the Kentucky Veterans National Cemetery for a Veterans Holiday wreath laying ceremony. The Project is called Wreaths Across America. In commemoration of the 15th year in which Arlington National Cemetery has had Holiday Wreaths laid on each of their veterans tombstones, Worcester Wreath Co., the supplier of the wreaths, began an effort to provide wreaths for every Veterans Cemetery across the nation.

The Ceremony began with a minute of silence, timed and coordinated nation wide, so as to coincide with the annual ceremony at Arlington National Cemetery. Then the wreaths were placed in front of each military

branches flag by active duty service members.

Captain Wilson Polidura, USAF Auxiliary Operations Officer from the Civil Air Patrol coordinated the event in Hopkinsville, KY. Polidura gave the opening speech then turned microphone over to the Mayor of Hopkinsville Richard G. Liebe, who is also a veteran.

Dep Recruit Jones and I were extremely pleased to be there today, and be the representatives of the Navy to honor our veterans and those who continue to serve during this holiday period.

Dep Recruit Jones who leaves for RTC 17 January said, "Today meant a lot to me. To be here and honor those who have gone before me. I'm excited to become part of the Navy tradition. And hope I can earn the same respect that active duty service members and veterans have today."



CTT1 Mark Labarr salutes after placing a wreath at the Kentucky Veteran's National Cemetery in Hopkinsville, KY

Ten Tips to Protect Your Pets from the Cold

From the American Society for the Prevention of Cruelty to Animals

These guidelines will help you protect your animals when the mercury dips.

1. Keep your cat inside. Outdoors, felines can freeze, become lost or be stolen, injured or killed. Cats who are allowed to stray are exposed to infectious diseases, including rabies, from other cats, dogs and wildlife.

2. During the winter, outdoor cats sometimes sleep under the hoods of cars. When the motor is started, the cat can be injured or killed by the fan belt. If there are outdoor cats in your area, bang loudly on the car hood before starting the engine to give the cat a chance to escape.

3. Never let your dog off the leash on snow or ice, especially during a snowstorm—dogs can lose their scent and easily become lost. More dogs are lost during the winter than during any other season, so make sure yours always wears ID tags.

4. Thoroughly wipe off your dog's legs and stomach when he comes in out of the sleet, snow or ice. He can ingest salt, antifreeze or other potentially dangerous chemicals while licking his paws, and his paw pads may also bleed from snow or encrusted ice.

5. Never shave your dog down to the skin in winter, as a longer coat will provide more warmth. When you bathe your dog in the colder months, be sure to completely dry him before taking him out for a walk. Own a short-haired breed? Consider getting him a coat or sweater with a high collar or turtleneck with coverage from the base of the tail to the belly. For many dogs, this is regulation winter wear.

6. Never leave your dog or cat alone in a car during cold weather. A car can act as a refrigerator in the winter, holding in the cold and causing the animal to freeze to death.

7. Puppies do not tolerate the cold as well as adult dogs, and may be difficult to housebreak during the winter. If your puppy appears to be sensitive to the weather, you may opt to paper-train him inside. If your dog is sensitive to the cold due to age, illness or breed type, take him outdoors only to relieve himself.

8. Does your dog spend a lot of time engaged in outdoor activities? Increase his supply of food, particularly protein, to keep him—and his fur—in tip-top shape.

9. Like coolant, antifreeze is a lethal poison for dogs and cats. Be sure to thoroughly clean up any spills from your vehicle, and consider using products that contain propylene glycol rather than ethylene glycol. Visit the [ASPCA Animal Poison Control Center](#) more information.

10. Make sure your companion animal has a warm place to sleep, off the floor and away from all drafts. A cozy dog or cat bed with a warm blanket or pillow is perfect.

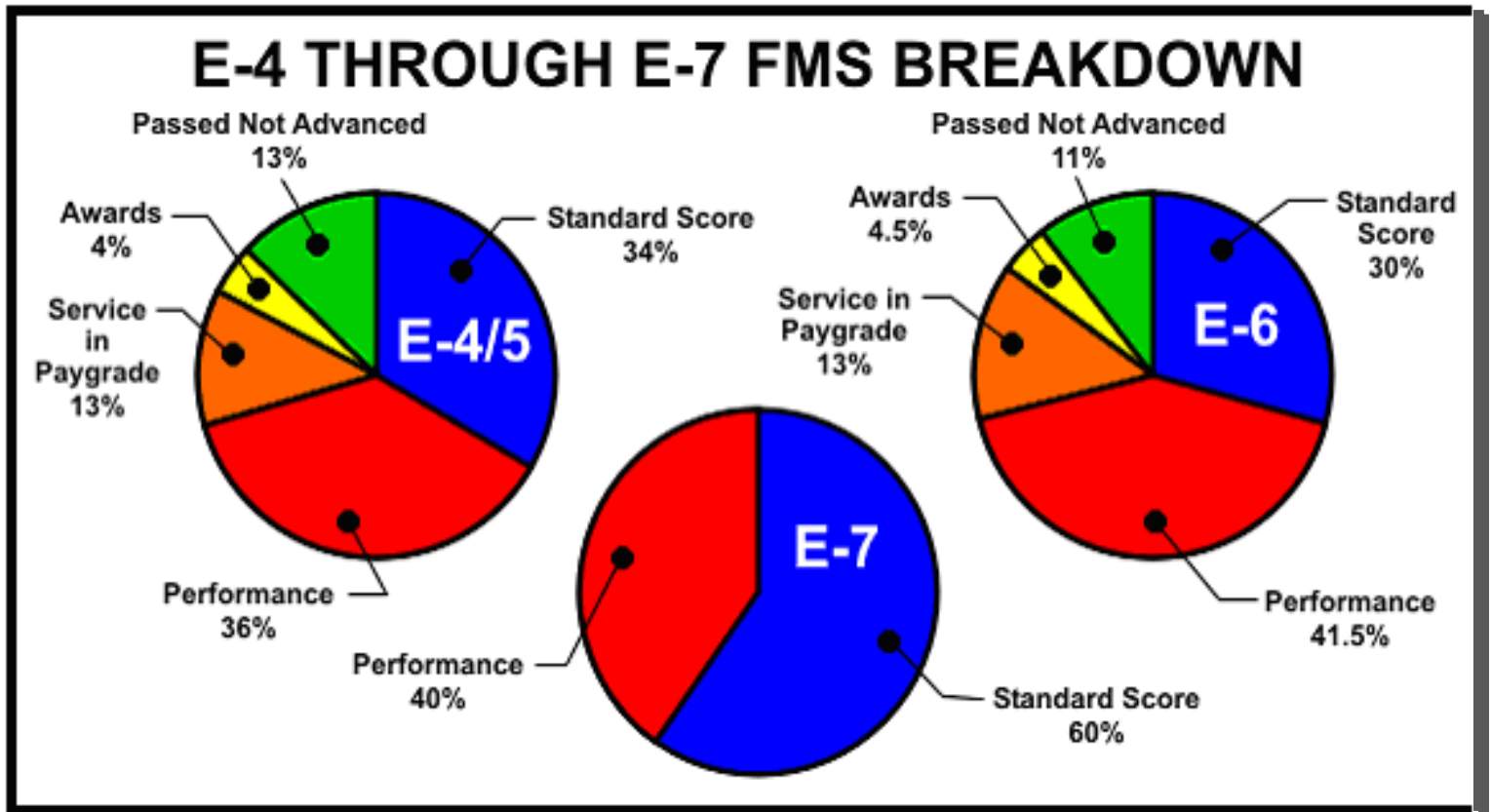
Understand Your Final Multiple for Advancement

From ITC Brian Smith

Your Final Multiple Score use more than just points earned from an examination score to determine who will advance to the next

paygrade. For E-4 through E-6 candidates, your FMS is comprised of points earned from your advancement-in-rate examination score, performance evaluations, service in paygrade, awards, and

previous examination performances. For E-7 candidates, the FMS is comprised of the examination score and performance evaluations.



Dr Martin Luther King Jr. Annual Holiday Observance on January 15

Dr. Martin Luther King Jr. Holiday Observance will be held on January 15. Our country has remembered and honored the accomplishments and sacrifices of Dr. Martin Luther King Jr. on this annual holiday since 1986.

The holiday celebrates the life and legacy of a man that brought hope and healing to America. All hands are encouraged to learn more about the principles for which Dr. Martin Luther King stood and how these principles contribute to Navy Diversity and out strength as a nation.

The Dr. Martin Luther King Jr. Holiday also serves as a day of intercultural cooperation to commemorate the beliefs that Dr. King taught. The theme for this

year's observance theme is "Remember! Celebrate! Act! A day on, not a day off."

This past year President Bush joined with past Presidents and civil rights activists in the groundbreaking ceremony of the Martin Luther King, Jr., National Memorial in Washington D.C. This memorial will be the first monument on the National Mall to honor an African American.

For more information on the life and legacy of Dr. King visit <http://www.stanford.edu/group/king/index.htm>. Additional information about Navy diversity initiatives and events can be found at www.npc.navy.mil/commandsupport/diversity.



Dr. Martin Luther King Jr. Delivers his famous "I have a Dream" speech

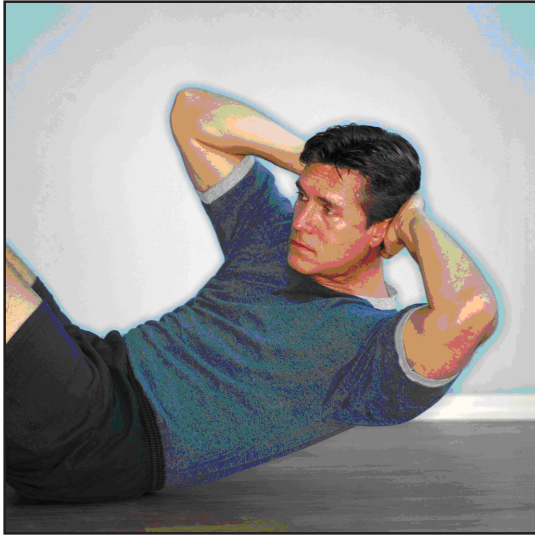
24 Weeks to Success, Installment Two

By YN1 David Veillette
NRD Nashville Command
Fitness Leader

Week 5

Warm-up - Monday, Wednesday, Friday
Cardio (Monday - 1 mile run in 14:00)
(Wednesday - 25 minute cross trainer
at 70% MHR)
(Friday - 1 mile run in 14:00)
Srength - Monday, Wednesday, Friday

CRUNCHES 3 SETS X27
LEG LIFTS 3 SETS X27
SUPERMANS 3 SETS X 27
ALTERNATING Y'S 3 SETS X 27
TOE TOUCHES 3 SETS X 27
SUPER SLOW PUSH-UPS - 2 SETS X15
WIDE HAND PUSH-UPS 2 SETS X15
TOP POSITION HOLDS - 2 SETS X 1
MINUTE
CLOSE GRIP PUSH-UPS - 1 SET X 20



Week 6

Warm-up - Monday, Wednesday, Friday
Cardio (Monday - 1 mile run in 13:45)
(Wednesday - 30 minute cross
trainer
at 70% MHR)
(Friday - 1 mile run in 13:45)
Srength - Monday, Wednesday, Friday

CRUNCHES 3 SETS X30
LEG LIFTS 3 SETS X30

SUPERMANS 3 SETS X 30
ALTERNATING Y'S 3 SETS X 30
TOE TOUCHES 3 SETS X 30
SUPER SLOW PUSH-UPS - 2 SETS X17
WIDE HAND PUSH-UPS 2 SETS X17
TOP POSITION HOLDS - 2 SETS X 1
MINUTE



CLOSE GRIP PUSH-UPS - 1 SET X 20

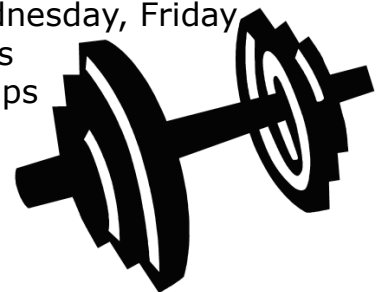
Week 7

Warm-up - Monday, Wednesday, Friday
Cardio (Monday - 1 mile run in 13:30)
(Wednesday - 25 minute cross trainer
at 70% MHR)
(Friday - 1 mile run in 13:30)
Srength - Monday, Wednesday, Friday

CRUNCHES 3 SETS X33
LEG LIFTS 3 SETS X33
SUPERMANS 3 SETS X 33
ALTERNATING Y'S 3 SETS X33
TOE TOUCHES 3 SETS X 33
SUPER SLOW PUSH-UPS - 2 SETS X17
WIDE HAND PUSH-UPS 2 SETS X17
TOP POSITION HOLDS - 2 SETS X 1
MINUTE
CLOSE GRIP PUSH-UPS - 1 SET X 25

Week 8

Warm-up - Monday, Wednesday, Friday
Cardio (Monday - MOCK PFA Test)
(Wednesday - 20 minute cross trainer
at 65% MHR)
(Friday - Day Off)
Srength - Monday, Wednesday, Friday
Monday - Test Push-ups
Wednesday - Test Sit-ups
Friday - Day off



NRD Nashville Frocks it's Advanced Sailors



Above: NRD Nashville Commanding Officer, CDR Voresa Jones presents a frocking letter to MM1 David Hacker from NRS Columbia



Above: NRD Nashville Commanding Officer, CDR Voresa Jones presents a frocking letter to HM2 Robert Carver from NRS Rivergate



Above: NRD Nashville Commanding Officer, CDR Voresa Jones presents a frocking letter to ET1 Jason Wood from NRS Tullahoma



Above: NRD Nashville Commanding Officer, CDR Voresa Jones presents a frocking letter to EN1 Kim Holloway from NRS Huntsville



Above: NRD Nashville Commanding Officer, CDR Voresa Jones presents a frocking letter to BM2 Kristina Troutman from NRS Huntsville



Above: NRD Nashville Executive Officer, CDR Clint Vollono, presents a frocking letter to NC1 Tyrone Brown from NRS Mid-Town.



Bottom Center: Pictured is ET2 Dan Rayburn from NRS Oak Ridge. Rayburn was advanced to first class but unable to attend the frocking ceremony because he was on baby leave following the birth of his second daughter on 6 november, he will be frocked at a later date.



NRD Sailor's spouses who volunteered to serve as Zone Ombudsmen pose for a group photo with two of their instructors during their training session that lasted 16 hours and was spread out over 2 days. Zones one through seven now have Ombudsmen. The command is still looking for a volunteer to serve as the zone eight Ombudsman. Your Zone Ombudsmen are as follows: Zone One Ombudsman, Joanna McFall, Zone Two Ombudsman, Christina Huber, Zone Three Ombudsman, Lindsey Buena, Zone Four Ombudsman, Melissa Armenta, Zone Five Ombudsman, Miranda Ward, Zone Six Ombudsman, Beau Parsons, and Zone Seven Ombudsman, Penny Rayburn.

NRD Nashville Command Ball Caps and Polo Shirts Now Available



NRD Nashville command ball caps and polo shirts are now available for purchase. Everyone at the Awards banquet was presented with a complimentary command ball cap. Additional ball caps can be purchased for \$9.50 and polo shirts can be purchased for \$16.50.

These items are intended to increase command morale and unit cohesion however, they are not authorized uniform items.

To purchase a command ball cap or polo e-mail LT Kelley at johnny.kelley@navy.mil.

NRD Nashville's Friday Night Social



Top Left: Headquarters' MMC James Trogden, plays lead guitar with back-up dancers NC1 Christine Staggs and DK1 Fernando Rodriguez as they lip synced to Allen Jackson and Jimmy Buffet's duet, "It's 5 O'clock somewhere." Top Right: NC1 Carol Vega dressed the part as she belted out the Aretha Franklin classic RESPECT as she represented Zone Three.

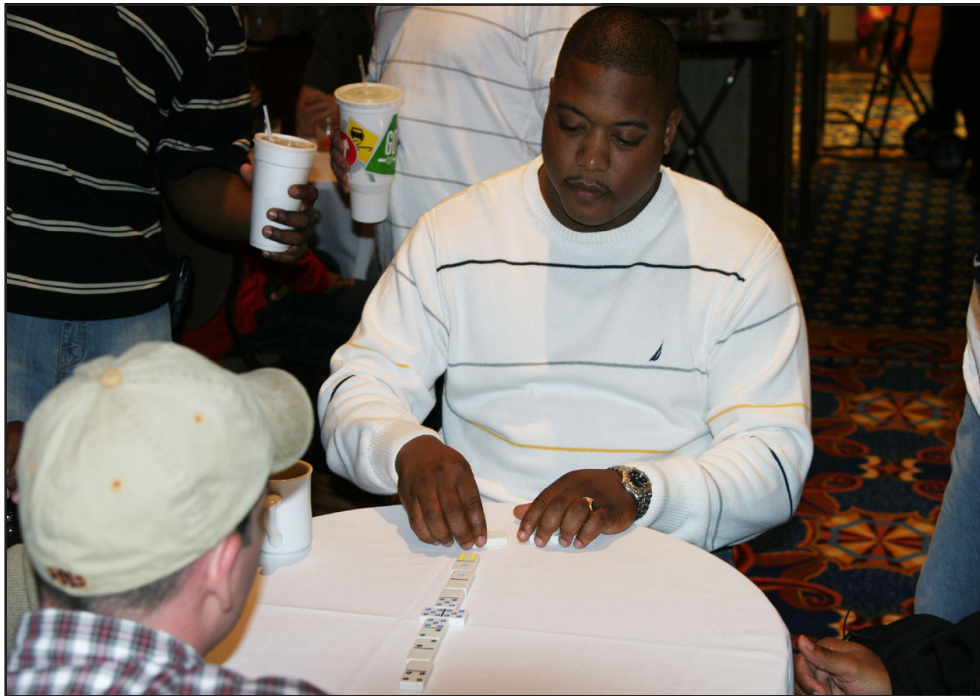


Left: ET1 Brian Spears takes the lead as EM1 Sarah Paggan from NRS Mountain Home and ABE2 Danny Toland from NRS Fayetteville sing back up. They represented Zone 8 as they lip synced to Lynyrd Skynyrd's "Simple Man". Based audience applause Zone Eight was chosen as the best lip sync group.



Bottom Left: Zone Eight cheers for it's performers during the lip sync contest. Their enthusiastic support and the performers hard work earned the zone 72 hours special liberty.

Right: CTM2 Kevin Henyard plays FC1 Nathan Griffen in a game of dominoes. Both contestants are from NRS North Memphis.



**All Photos by
MC1(SW) Steve Owsley**



Middle Left: Members from NRD Nashville get together later in the evening to do The Electric Slide line dance.



Middle Right: ABE2 Clifton Bland plays BM2 Terrell Mathis during the Madden '07 tournament. Ultimately SH2 Natalie Wylie's fiancé Bryant Brown won the tournament.



Bottom Left: NRD Nashville Commanding Officer, CDR Voresa Jones takes command of the hand as she wins the book for her and her partner, NCC Greg Harris, Zone Six Supervisor, by trumping their opponents. The Spades Tournament ended in a tie because, due to time constraints, CDR Jones and NCC Harris were unable to play SK2 Rashiema McClain from NOSC Millington and IC2 Nikita Montgomery from NRS Tupelo in the final match of the tournament.

Training with NRD Nashville...

Top Right: AM2 Brent Parker from NRS Chattanooga shows the command how to handle a... unique... prospect which is being played by NC1 Jeffrey Lappin from NOSC Chattanooga. Lappin who worked as a professional actor before joining the Navy put his skills to the test to pull off the role.



Middle Left: Later in the skit Lappin gets up close and personal with FC2 Jason Headrick from NRS Chattanooga.



All Photos by MC1 (SW) Steve Owsley

Above: AE2 Kristopher Greene from NRS Decatur demonstrates unprofessional behavior with a DEPPER played by AE2 Carlos Williams. CTACS John McFall from NRS Huntsville is pictured in the background as well.



Bottom Left: Chief Recruiter John Upshaw and Assistant Chief Recruiter Edwin Stone get a laugh at the creativity recruiters used to teach their zone's assigned training topics.

NRD Nashville Rewards it's Outstanding Performers



Top Left: NRD Nashville's Commanding Officer, CDR Voresa Jones, presents NRD Nashville's Support Sailor of the Year, PS1 Galen Draper, with an award and a Commanding Officer's Letter of Commendation.

Middle Right: NRD Nashville's Commanding Officer, CDR Voresa Jones, presents AE2 Carlos B. Williams, an award and a Navy Marine Corps Achievement Medal for being named NRD Nashville's Bronze Recruiter of the Year.



Bottom Left: NRD Nashville's Commanding Officer, CDR Voresa Jones, presents HM2 Robert Carver, an award and a Navy Marine Corps Achievement Medal for being named NRD Nashville's Silver Recruiter of the Year.



Top Left: Zone Five Supervisor ENC Daniel Little hoists an Eagle Statue after being presented the Commanding Officer's Leadership Award by NRD Nashville Commanding Officer, CDR Voresa Jones.

Middle Right: NRD Nashville's Commanding Officer, CDR Voresa Jones, presents AO2 Derick Bell, an award and a Navy Commendation Medal for being named NRD Nashville's Gold Recruiter of the Year.



Bottom Left: NRD Nashville's Commanding Officer, CDR Voresa Jones, presents E02 Gary McCollister, an award and a Navy Commendation Medal for being named NRD Nashville's Reserve Recruiter of the Year.